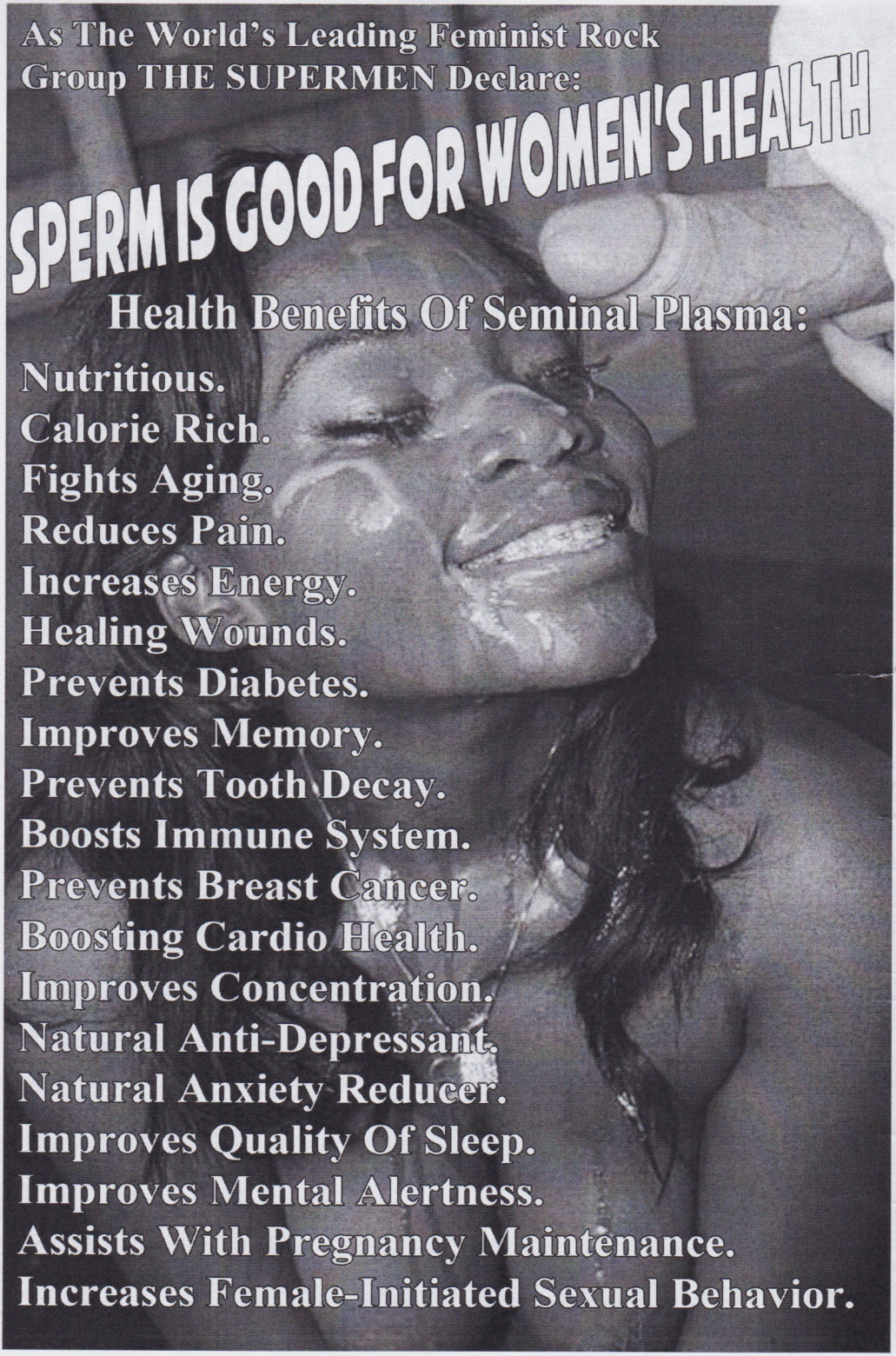
The Supermen
GIRLS LIKE SPERM
100% PROVEN SCIENTIFIC FACT
Make Her Happy
SHOOT BIGGER LOADS!
We Show You How
CAN YOUR MUSLIM GIRLFRIEND SWALLOW?
CAN YOU OVERDOSE ON SEMEN?
HISTORY MADE!
BREAST CANCER CURED!!


As The World's Leading Feminist Rock Group THE SUPERMEN Declare:
SPERM IS GOOD FOR WOMEN'S HEALTH
Health Benefits Of Seminal Plasma:
Nutritious.
Calorie Rich.
Fights Aging.
Reduces Pain.
Increases Energy.
Healing Wounds.
Prevents Diabetes.
Improves Memory.
Prevents Tooth Decay.
Boosts Immune System.
Prevents Breast Cancer.
Boosting Cardio Health.
Improves Concentration.
Natural Anti-Depressant.
Natural Anxiety Reducer.
Improves Quality Of Sleep.
Improves Mental Alertness.
Assists With Pregnancy Maintenance.
Increases Female-Initiated Sexual Behavior.

AN ODE TO THE MANY EVOLVED VIRTUES OF HUMAN SEMEN

By Jesse Bering
For Scientific American &
Girls Like Sperm Journal

Dear readers: I have come upon a secret treasure, a heretofore-unknown bounty of facts only recently unearthed by a team of evolutionary psychologists. A vital forewarning, though: although the data and information I am about to share oozes with the promise of dramatically improving virtually every aspect of your wellbeing, it can also be abused with tragic—even fatal—consequences. This is so much the case, in fact, that I debated the merits of popularizing this material and do so here only with great circumspection and caution. So please be wise in digesting this semen-related knowledge, and be wiser still in applying it to your own sex lives.

As with the origins of so many great scientific discoveries, this story begins with a serendipitous chain of events. "Our interest in the psychological properties of semen arose as a by-product of an initial interest in menstrual synchrony," explain co-discoverers Gordon Gallup and Rebecca Burch, evolutionary psychologists from the State University of New York system, in a 2006 chapter about human semen. In particular, Gallup and Burch had stumbled onto a set of intriguing data from the mid-1990s showing that, unlike heterosexually active women residing together, sexually involved lesbians failed to exhibit the well-known "McClintock effect," in which menstrual cycles in cohabitating women (as well those of females from many other species) are synchronized. Since subtle olfactory cues (called pheromones) are known to mediate menstrual synchrony, write the authors, "This struck us as peculiar…"

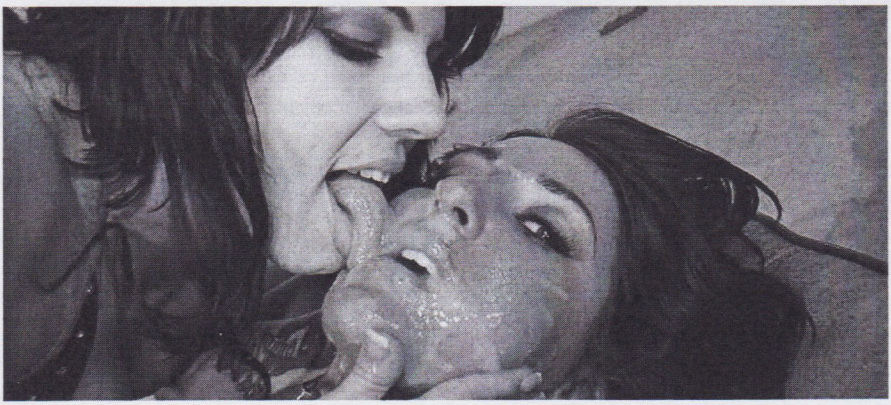
… because lesbians would be expected to be in closer, more intimate contact with one another on a daily basis than other females who live together. What is it about heterosexual females that promotes menstrual synchrony, or conversely what is it about lesbians that prevents menstrual synchrony? It occurred to us that one feature that distinguishes heterosexual women from lesbians is the presence or absence of semen in the female reproductive tract. Lesbians have semen-free sex.

THE SCIENTIFIC ODE CONTINUES

Perhaps you already see where this is leading. Gallup and Burch reasoned that certain chemicals in human semen, through vaginal absorption, affect female biology in such a way that women who have condomless sex literally start to smell different from those women who do not—or at least, their bodies emit the pheromones that "entrain" menstrual cycles among cohabitating women. (Their hunch was indeed borne out by reviewing the existing literature on menstrual synchrony.) But this happenstance discovery of asynchronous lesbians was just the tip of the semen iceberg for Gallup and Burch, who quickly discovered that, although much was known among biologists about basic semen chemistry, virtually nothing was known about precisely how these chemicals might influence female biology, behavior and psychology.

And that is a rather odd omission in the biological literature indeed, since there could hardly be anything more obvious in Darwinian terms than the fact that semen is, almost by definition, naturally designed to get into the chemically-absorptive vagina. Bear in mind that although they are often conflated in everyday parlance, along with many other less scientific terms, "semen" is not the same thing as "sperm." In fact, you may be surprised to learn that only about 1 to 5 percent of the average human ejaculate consists of sperm cells. The rest of the ejaculate, once drained of these famously flagellating gametes, is referred to as "seminal plasma." So in discussing the chemical composition of semen, it is the plasma itself, not the spermatozoa, that is at issue.

Now, medical professionals have known for a very long time that the vagina is an ideal route for drug delivery. The reason for this is that the vagina is surrounded by an impressive vascular network. Arteries, blood vessels, and lymphatic vessels abound, and—unlike some other routes of drug administration—chemicals that are absorbed through the vaginal walls have an almost direct line to the body's peripheral circulation system. So it makes infinite sense, argue Gallup and Burch, that like any artificially-derived chemical substance inserted into the vagina via medical pessary, semen might also have certain chemical properties that tweak female biology.



THE SCIENTIFIC ODE CONTINUES

It turns out that this insight, so obvious as to be all but invisible, has been a theoretical gold mine for this hawkeyed pair of adaptation-minded thinkers. But before we jump into their rich vat of seminal theory, let's have a quick look at some of the key ingredients of human semen. In fact, semen has a very complicated chemical profile, containing over 50 different compounds (including hormones, neurotransmitters, endorphins and immunosupressants) each with a special function and occurring in different concentrations within the seminal plasma. Perhaps the most striking of these compounds is the bundle of mood-enhancing chemicals in semen. There is good in this goo. Such anxiolytic chemicals include, but are by no means limited to, cortisol (known to increase affection), estrone (which elevates mood), prolactin (a natural antidepressant), oxytocin (also elevates mood), thyrotropin-releasing hormone (another antidepressant), melatonin (a sleep-inducing agent) and even serotonin (perhaps the most well-known antidepressant neurotransmitter).

"it's not just that women who are having sex are simply happier, but instead happiness appears to be a function of the ambient seminal fluid pulsing through one's veins."

Given these ingredients—and this is just a small sample of the mind-altering "drugs" found in human semen—Gallup and Burch, along with psychologist Steven Platek, now at the University of Liverpool, hypothesized that women having unprotected sex should be less depressed than suitable control participants. To investigate whether semen has antidepressant effects, the authors rounded up 293 college females from the SUNY-Albany campus, who agreed to fill out an anonymous, written questionnaire about various aspects of their sexual behavior. Recent sexual activity without condoms was used as an indirect measure of seminal plasma circulating in the woman's body. Each participant also completed the Beck Depression Inventory, a commonly used clinical measure of depressive symptoms.

The most significant findings from this 2002 study, published with criminally modest fanfare in the Archives of Sexual Behavior , were these: even after adjusting for frequency of sexual intercourse, women who engaged in sex and "never" used condoms showed significantly fewer depressive symptoms than did those who "usually" or "always" used condoms. Importantly, these chronically condomless, sexually active women also evidenced fewer depressive symptoms than did those who abstained from sex altogether. By contrast, sexually active women, even really promiscuous ones, who used condoms were just as depressed as those practicing total abstinence. In other words, it's not just that women who are having sex are simply happier, but instead happiness appears to be a function of the ambient seminal fluid pulsing through one's veins.

THE SCIENTIFIC ODE CONTINUES

And it gets better. A smaller percentage (4.5 percent) of the sexually active women who "never" used condoms were less likely to have attempted suicide than were those who "sometimes" (7.4 percent) and "usually" (28.9 percent) and "always" (13.2 percent) used condoms.

Relax, settle down, take a deep breath—I know what you're thinking. This is a correlational study and there are scores of possible confounds, both those that the authors anticipated and controlled for in this study design (by all means read the actual article for more details—but please do note that these between-group differences in depression panned out even after controlling for the use of oral contraceptives, days since last sex, frequency of sex and duration of the relationship with the male partner) and probably some that you can come up with on your own. Even the authors urge some degree of scepticism:

It is important to acknowledge that these data are preliminary and correlational in nature, and as such are only suggestive. More definitive evidence for antidepressant effects of semen would require more direct manipulation of the presence of semen in the reproductive tract and, ideally, the measurement of seminal components in the recipient's blood.

Now I'm hedging here, because there are all sorts of equally fascinating directions I can go from this point. But one thing I do want to mention, with a helpful nod from the authors of this study, is that the antidepressant effects of seminal plasma may not be limited to vaginal absorption of its mood-brightening chemical properties. "It would be interesting to investigate," write Gallup and his co-authors, "the possible antidepressant effects of oral ingestion of semen, or semen applied through anal intercourse (or both) among both heterosexual couples as well as homosexual males."

So in my plumbing of the empirical literature for studies on unprotected anal sex among gay males, otherwise known as "barebacking," I came across a load of research on this very topic. Most of this work is couched, understandably so, in the HIV-prevention literature. One particularly telling study, though, comes from a 2005 report from the journal Nursing Inquiry , in which Canadian investigators Dave Holmes and Dan Warner interviewed barebacking gay males—not while they were engaged in the act, but through later introspection—about their motivations for preferring unprotected anal sex over condoms in light of the obvious dangers of infection. The most intriguing result to emerge from this study, in the context of Gallup and Burch's overall theoretical perspective regarding the psychobiology of semen, was that so many of the barebacking interview subjects viewed the exchange of semen through unprotected anal sex as providing them with a palpable sense of "connectedness" with their same-sex partners, one that happened only with the internally, unimpeded ejaculation.

THE SCIENTIFIC ODE CONTINUES

Unfortunately, rather than investigate the possible psychobiological effects of semen exchange in this dynamic, Holmes and Warner leer through a fairly typical postmodernist lens to explore the symbolic nature of semen exchange in barebackers. Now, I ask you, which is the more informative paradigm for understanding why gay men would practice unsafe sex through unprotected anal intercourse: an evolutionary biological account taking into consideration the chemical composition of seminal plasma and its possible affects on attachment among gay men, or a symbolic, postmodernist perspective like the following one advanced by Holmes and Warner (in all fairness, this is just a snippet, but a good taste of their approach):

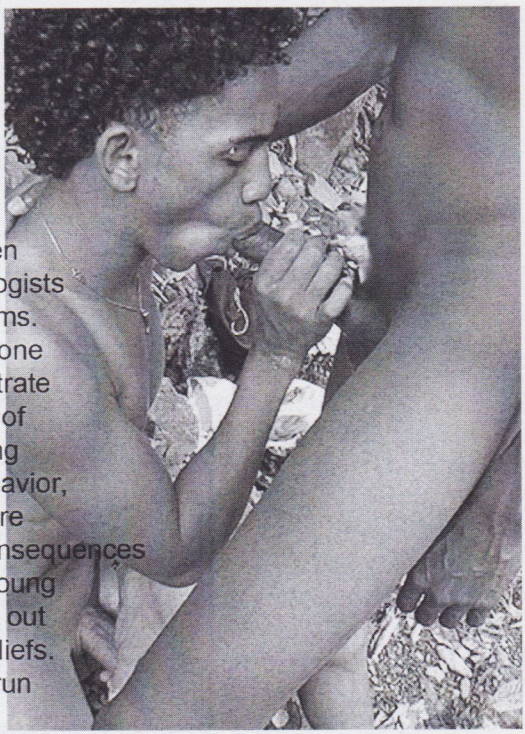
The body becomes the locus of never-ending fights, a carnal battlefield. The escape route (lines of flight) is intrinsic to the deterritorialization of the Body-without-Organs through which one becomes someone else. However, the lines of flight could have paradoxical effects. Indeed, they can be avenues of creative potential or, conversely, paths of great danger. Yet, it is 'always in a line of flight that we create' … 'that we must continue to experiment with such lines.' Lines of flight (nuclei of resistance of resingularization and heterogenesis) permit freedom to surge through a process of creative transformation and metamorphosis.

Trust me, even in context that paragraph reads like the authors were cobbling together a braille sentence using the random distribution of acne on someone's back. Sorry to sound a bit testy, but while such soupy postmodernist rhetoric may still have its place in certain scholarly circles, in dealing with something as clinically important as unprotected sex among vulnerable populations, a scientific understanding of these people's motivations is essential before any intervention of their high-risk behaviors can even begin to occur.

You may also be beginning to realize the dangers that I alluded to at the start of this essay. For both men and women, heterosexual and homosexual, knowing that the penis is capable of dispensing a sort of natural Prozac—whether obtained vaginally, anally or orally—without also considering the viral arms race involving sexually transmitted infections, can lead to very tragic decisions indeed and many undocumented high-risk private bedroom "experiments." But here's just one reason to put the brakes on such plans: The HIV-virus, which evolved long after these adaptive antidepressant factors, has apparently come to pirate human semen, such that certain protein factors in seminal plasma, particularly a protein called prostatic acid phosphatase , make HIV up to 100,000 folds more potent than it is outside of the plasma.*

THE SCIENTIFIC ODE CONTINUES

In any event, Gallup and Burch's model reminded me also of those oft-cited Papau New Guinea tribes, such as the "Sambia," and their semen-ingestion rituals involving young boys. On the surface, there's a puzzling scenario here: such cultures have long histories of being embroiled in violent warfare and thus they tend to place extraordinarily high value on expressed masculinity. Yet ritualized homoerotic practices involving young boys fellating older males in order to ingest their semen are common. In a 2000 issue of the Archives of Sexual Behavior , Gilbert Herdt, a cultural anthropologist who studied the Sambia, along with his colleague Martha McClintock (the same McClintock named for the menstrual cycle synchrony effect discussed earlier), describe how " ... by the age of 11–12 (Sambia) boys have become aggressive fellators who actively pursue semen to masculinize their bodies."



In the past, this semen ritual has been conceptualized by cultural anthropologists such as Herdt mostly in symbolic terms. Yet, just a hunch, but since testosterone from the seminal plasma could penetrate the oral mucosa, along with a surfeit of other hormones and chemicals having possible spin-off effects on male behavior, it is not inconceivable to me that there may be genuine psychobiological consequences of semen intake occurring in these young swallowing males that are not wholly out of line with the Sambia's own folk beliefs. It might not be a theory you want to run by your local pastor or should bring up at your next PTA meeting, but you get the idea.

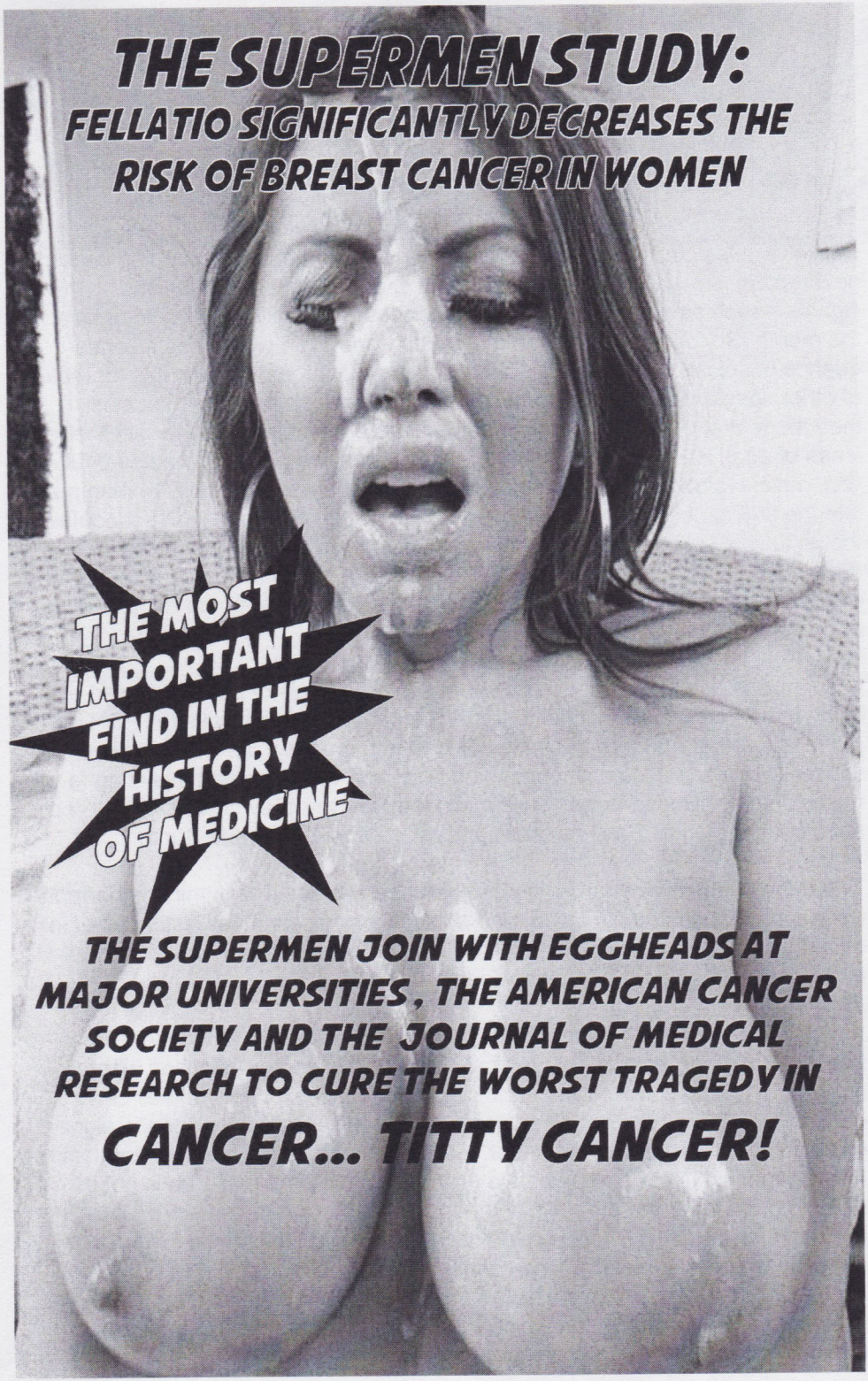
But let's get back to non-hebephilic semen ingestion. In addition to their semen-as-antidepressant model, Gallup and Burch have worked out many other intricate, persuasive arguments about how the various chemicals in human semen served—and continue to serve—biologically adaptive functions for both sexes. For example, among the more curious ingredients in human semen are follicle-stimulating-hormone (FSH) and luteinizing hormone (LH). The reason this is curious, point out Gallup and Burch, is because these are distinctively female hormones. "What are female hormones doing in human semen?" The authors speculate, and convincingly so, that the presence of FSH and LH in human semen is related to concealed ovulation in human females.

Unlike females of other primate species, women do not have breeding patterns governed by season or standardized cycles, and there are no obvious signals—such as a fire-engine red, swollen rear end—giving away their time of the month. So for a naïve human male, impregnating a woman as a consequence of sexual intercourse is much more a roll of the dice than it is for males of other species in their mating behaviors. Just as with any other species, though, getting the timing right so that release of semen coincides with the release of eggs is key. As a counterdefense against women's concealed ovulation, male evolution had a trick up its sleeve, which was the ability to manipulate the timing of a woman's ovulation to suit his own insemination schedule—that is to say, semen chemistry seems to give premature eggs a nice little nudging. Hence the conspicuous presence of FSH (which causes an egg in the ovary to ripen and mature) and LH (which triggers ovulation and release of that egg).

In support of this theoretical claim about semen chemistry and concealed ovulation in human females, consider that chimpanzee semen lacks the FSH hormone altogether and the presence of LH is rather negligible, which makes sense, of course, since chimpanzees are cyclical breeders and ovulating females display blinking Vegas-style marquees by way of swollen, multicolored anogenital regions. "Thus it would appear," reason Gallup and Burch:

...that the chemistry of human semen has been selected to mimic the hormonal conditions that control ovulation, and as such may account for instances of induced ovulation (ovulation triggered by copulation at points in the menstrual cycle when ovulation would otherwise be unlikely).

I've barely scratched the surface of the evolved semen literature. Here's a snapshot of other recent findings from Gallup's lab: semen-exposed women perform better on concentration and cognitive tasks; women's bodies can detect "foreign" semen that differs from their recurrent sexual partner's signature semen, an evolved system that, Gallup believes, often leads to unsuccessful pregnancies because it signals a disinvested male partner who is not as likely to provide for the offspring; women who had unprotected sex with their ex-partners—and therefore were getting regularly inseminated—experience more significant depression on breaking up than those who were not as regularly exposed to their ex's semen (and they also go on the "rebound" faster in seeking new sexual partners, which presumably would help fix their semen-deprived depression). And the list goes on.


THE SUPERMEN STUDY:
FELLATIO SIGNIFICANTLY DECREASES THE RISK OF BREAST CANCER IN WOMEN
THE MOST IMPORTANT FIND IN THE HISTORY OF MEDICINE
THE SUPERMEN JOIN WITH EGGHEADS AT MAJOR UNIVERSITIES , THE AMERICAN CANCER SOCIETY AND THE JOURNAL OF MEDICAL RESEARCH TO CURE THE WORST TRAGEDY IN
CANCER... TITTY CANCER!

THE SUPERMEN STUDY BREASTS

Women who perform the act of fellatio and swallow semen on a regular basis, one to two times a week, may reduce their risk of breast cancer by up to 40 percent, a North Carolina State University study found.

Doctors had never suspected a link between the act of fellatio and breast cancer, but new research being performed at North Carolina State University is starting to suggest that there could be an important link between the two.

In a study of over 15,000 women suspected of having performed regular fellatio and swallowed the ejaculatory fluid, over the past ten years, the researchers found that those actually having performed the act regularly, one to two times a week, had a lower occurance of breast cancer than those who had not. There was no increased risk, however, for those who did not regularly perform.

"I think it removes the last shade of doubt that fellatio is actually a healthy act," said Dr. A.J. Kramer of Johns Hopkins School of Medicine, who was not involved in the research. "I am surprised by these findings, but am also excited that the researchers may have discovered a relatively easy way to lower the occurance of breast cancer in women."

THE SUPERMEN STUDY BREASTS

The University researchers stressed that, though breast cancer is relatively uncommon, any steps taken to reduce the risk would be a wise decision.

"Only with regular occurance will your chances be reduced, so I encourage all women out there to make fellatio an important part of their daily routine," said Dr. Helena Shifteer, one of the researchers at the University. "Since the emergence of the research, I try to fellate at least once every other night to reduce my chances."

The study is reported in Friday's Journal of Medical Research.

Dr. Len Lictepeen, deputy chief medical officer for the American Cancer Society, said women should not overlook or "play down" these findings.

"Only with regular occurance will your chances be reduced, so I encourage all women out there to make fellatio an important part of their daily routine,"

"This will hopefully change women's practice and patterns, resulting in a severe drop in the future number of cases," Lictepeen said.

Almost every woman is, at some point, going to perform the act of fellatio, but it is the frequency at which this event occurs that makes the difference, say researchers. Also key seems to be the protein and enzyme count in the semen, but researchers are again waiting for more test data.

The reasearch consisted of two groups, 6,246 women ages 25 to 45 who had performed fellatio and swallowed on a regular basis over the past five to ten years, and 9,728 women who had not or did not swallow. The group of women who had performed and swallowed had a breast cancer rate of 1.9 percent and the group who had not had a breast cancer rate of 10.4 percent.

"The findings do suggest that there are other causes for breast cancer besides the absence of regular fellatio," Shafteer said. "It's a cause, not THE cause."

SPERM CURES DEPRESSION... CONSUME!

Abstract

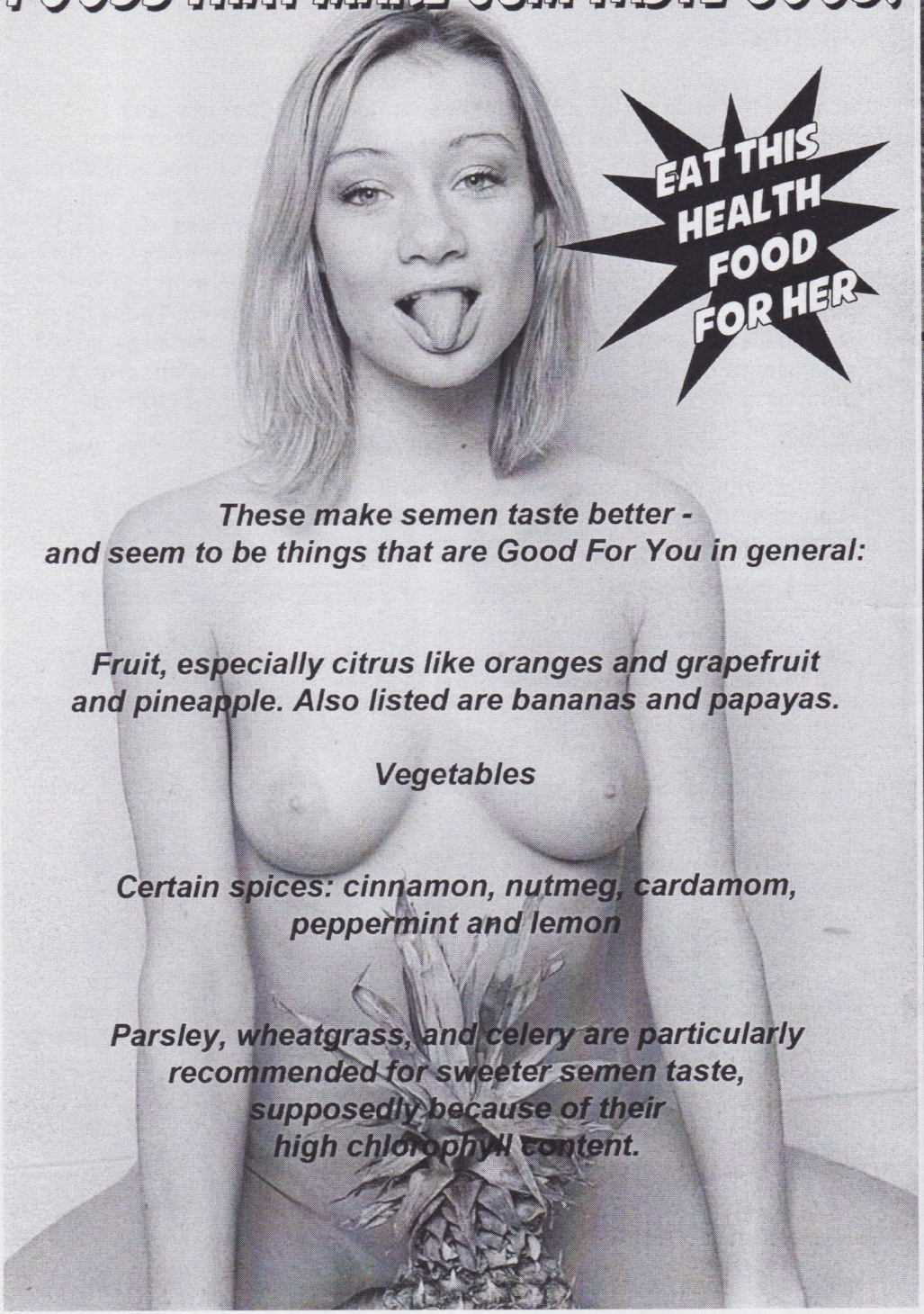
In a sample of sexually active college females, condom use, as an indirect measure of the presence of semen in the reproductive tract, was related to scores on the Beck Depression Inventory. Not only were females who were having sex without condoms less depressed, but depressive symptoms and suicide attempts among females who used condoms were proportional to the consistency of condom use. For females who did not use condoms, depression scores went up as the amount of time since their last sexual encounter increased. These data are consistent with the possibility that semen may antagonize depressive symptoms and evidence which shows that the vagina absorbs a number of components of semen that can be detected in the bloodstream within a few hours of administration.

I kid you not, ladies. Semen is a Natural Source of:

ascorbic acid (vitamin C, for tissue maintenance)
blood-group antigens (from immune system)
calcium (mineral)
chlorine (oxidizing agent)
cholesterol (steroid alcohol present in body fluids)
chlorine (base, part of the vitamin B complex)
citric acid (occurs during cellular metabolism)
creatine (nitrogenous substance found in muscle)
deoxyribonucleic acid (DNA)
fructose (sugar used for energy)
glutathione (peptide amino acid)
Glycoproteins (cancer fighting agent)
hyaluronidase (enzyme)
inositol (sugar found in muscles)
lactic acid (byproduct of muscle use)
magnesium (mineral)
nitrogen (gas found in all living tissue)
phosphorus (mineral)
prostaglandins (good for pregnancy)
potassium (mineral)
purine (compound of uric acid)
pyrimidine (organic base)
pyruvic acid (formed from either glucose or glycogen)
selenium (cancer fighting agent)
sodium (salt)
sorbitol (body alcohol)
spermidine (catalytic enzyme)
spermine (ammonia compound found in sperm)
urea (from urine)
uric acid (from urine)
vitamin B12 (for proper function of nervous system and metabolism)
zinc (mineral)

http://www.ncbi.nlm.nih.gov/pubmed/12049024

FOODS THAT MAKE CUM TASTE GOOD!



These make semen taste better -
and seem to be things that are Good For You in general:

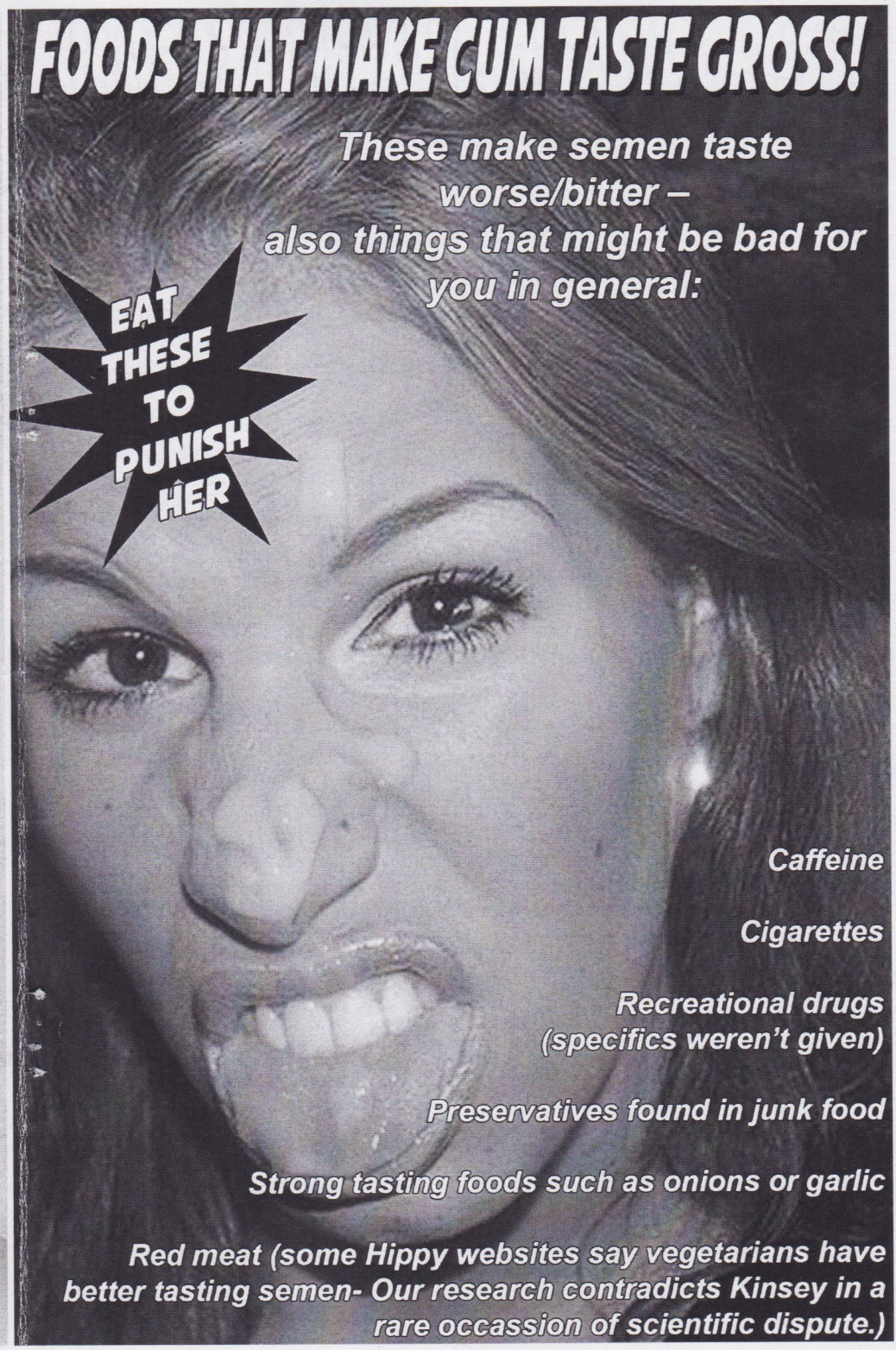
Fruit, especially citrus like oranges and grapefruit
and pineapple. Also listed are bananas and papayas.

Vegetables

Certain spices: cinnamon, nutmeg, cardamom,
peppermint and lemon

Parsley, wheatgrass, and celery are particularly
recommended for sweeter semen taste,
supposedly because of their
high chlorophyll content.

FOODS THAT MAKE CUM TASTE GROSS!


These make semen taste worse/bitter – also things that might be bad for you in general:
EAT THESE TO PUNISH HER
Caffeine
Cigarettes
Recreational drugs (specifics weren't given)
Preservatives found in junk food
Strong tasting foods such as onions or garlic
Red meat (some Hippy websites say vegetarians have better tasting semen- Our research contradicts Kinsey in a rare occassion of scientific dispute.)

TIPS FOR BETTER TASTING SPERM

GIRLS LIKE IT TO BE TASTY!

You Cum What You Eat

Like sweat, saliva, urine, and all of your body's other secretions and excretions, your ejaculate's smell and flavor are affected by what you consume. (Likewise, you may notice when you eat out your female partner, her vagina's flavor is affected by her diet) . What goes in, comes out, literally. Ever notice how when you eat a meal with a lot of onions and garlic, the smell seems to ooze out of your pores the next day? It's in your semen as well, and although the specific taste or odor may be difficult to detect, it does have an influence on the overall taste.

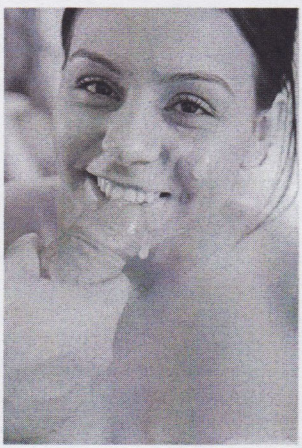
Sweet As Pie

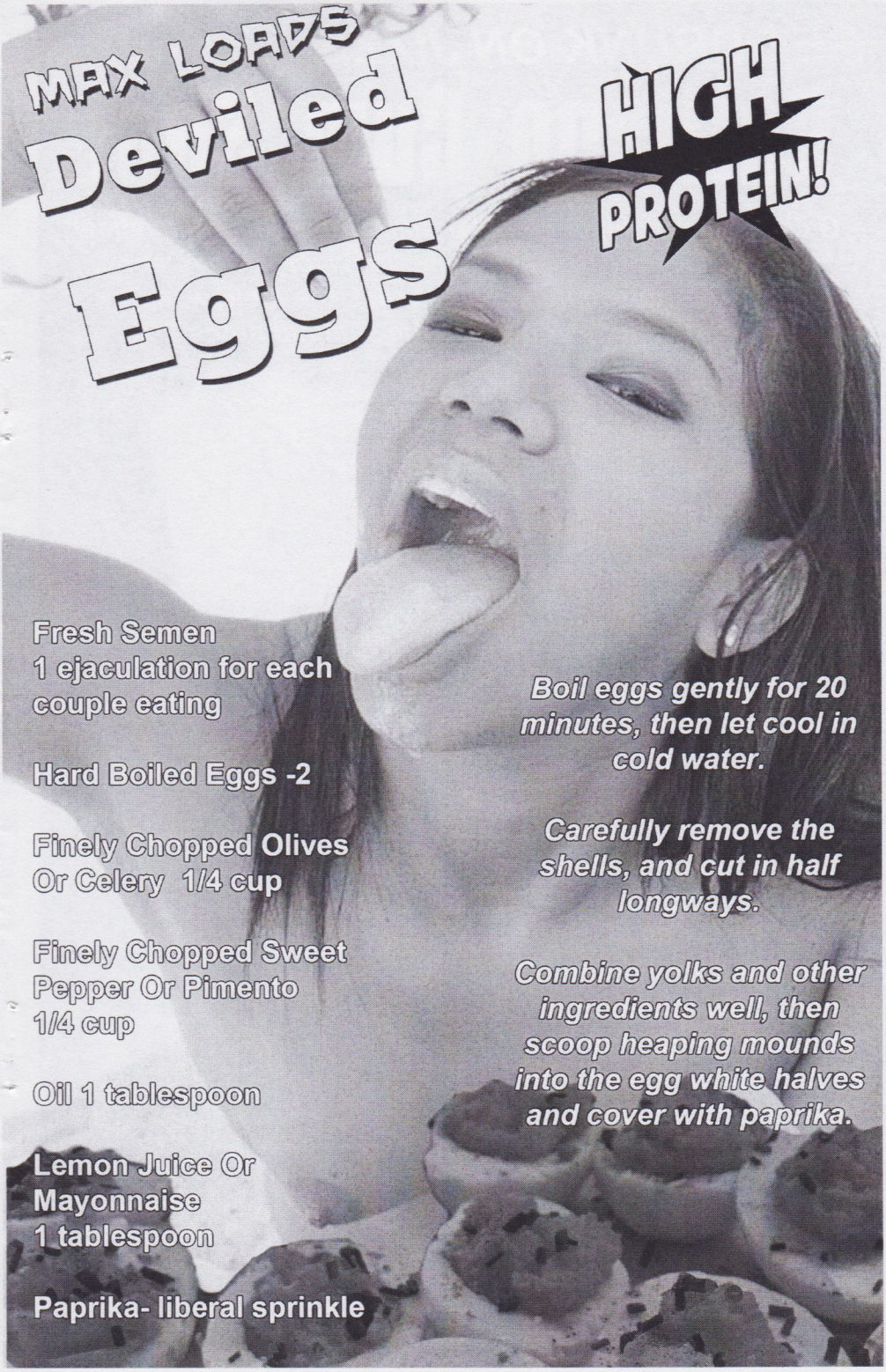
Many people recommend eating pineapple or drinking pineapple juice to make your cum sweeter. Citrus fruits and cranberry juice are also recommended, possibly because they make the body's pH more acidic, counteracting the alkalinity of semen that contributes to its "bleachy" quality. Any fruit or fruit juice high in sugar content, like apple, melon, mango, or grape, may increase the amount of sugars put out in your semen. Parsley, wheatgrass, and celery have been recommended for sweeter semen as well, perhaps because of the chlorophyll in them.

At the same time, you should also limit your intake of foods that break down into strong tasting or smelling chemicals that are excreted by the body, like asparagus. Onions and garlic contain high amounts of sulfur and are, well, oniony. Vegetables in the cabbage family, like Brussels sprouts, broccoli, cabbage, kale, and collards, can make your secretions taste bitter. Strongly spiced dishes, like curries, can also carry their flavors over into your cum. Of course, you don't want to restrict what you eat too much. Everyone needs to have a balanced diet, but it's something to keep in mind: if you're planning on getting head after dinner, you might want to skip the asparagus appetizer. Another factor to consider is the amount of time it takes for food and drink to cycle through your system. In most cases, what you consume is excreted within 12 to 24 hours, but some things stay in the body longer. Whenever you start a new regimen, give it at least a few days to start working, and remember that you'll probably have to stick to it to see marked effects.

Be Consistent

Besides flavor, another factor that affects the palatability of semen is its consistency. Stringy, chunky, or watery spunk can be unappetizing. The consistency of semen is related to the fluids, proteins, and amino acids in it, which can be affected by your overall health and what you eat. Drinking a lot of water is probably the best thing you can do to improve the texture of your semen; being dehydrated can make your spunk thicken or get stringy. Some people recommend eating egg whites or gelatin for increased volume of cum and better consistency, probably because of the protein they contain. Wheat germ and omega-3 oils have also been said to produce more and creamier cum.




MAX LOADS
Deviled
Eggs
HIGH PROTEIN!
Fresh Semen
1 ejaculation for each couple eating
Hard Boiled Eggs -2
Finely Chopped Olives Or Celery 1/4 cup
Finely Chopped Sweet Pepper Or Pimento 1/4 cup
Oil 1 tablespoon
Lemon Juice Or Mayonnaise 1 tablespoon
Paprika- liberal sprinkle
Boil eggs gently for 20 minutes, then let cool in cold water.
Carefully remove the shells, and cut in half longways.
Combine yolks and other ingredients well, then scoop heaping mounds into the egg white halves and cover with paprika.

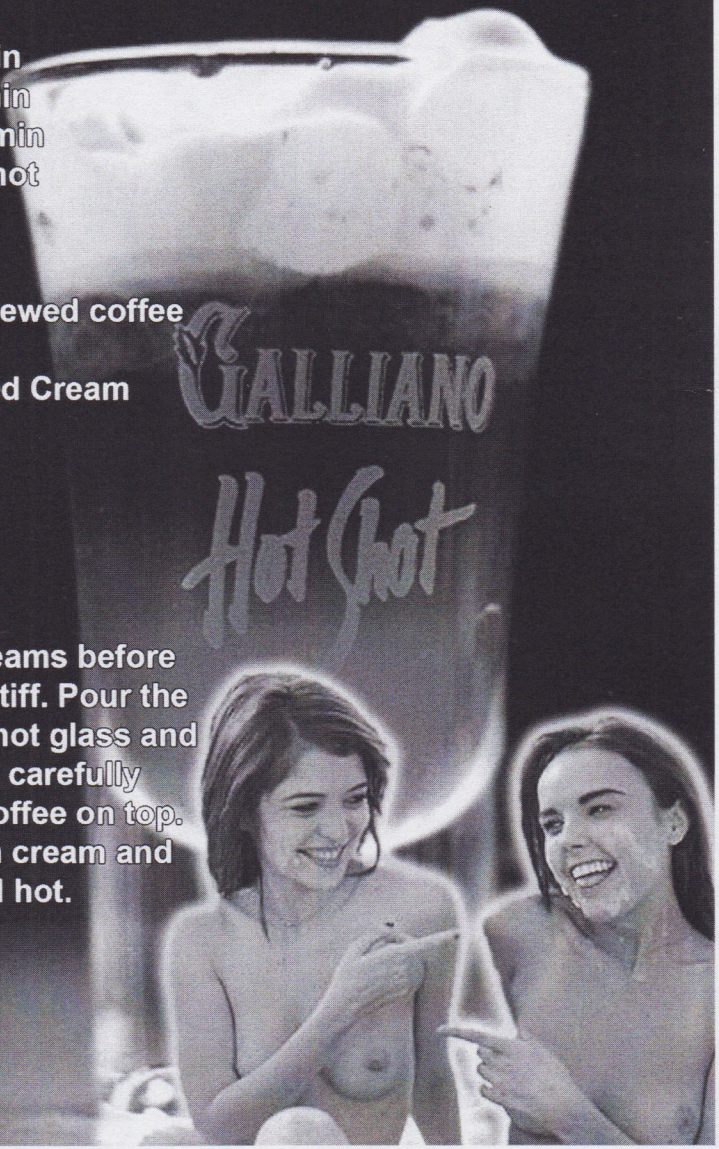
GET DRUNK ON JIZZ

Galliano Cum Shot

Galliano is an Italian herbal liqueur with a distinct yellow color. Despite its unique exotic flavor, it does not overpower the semen at all. In fact, the mellow, spicy vanilla tones enhance the seminal notes.

Prep time: 5 min
Cook time: 5 min
Total time: 10 min
Yield: 1 cum shot

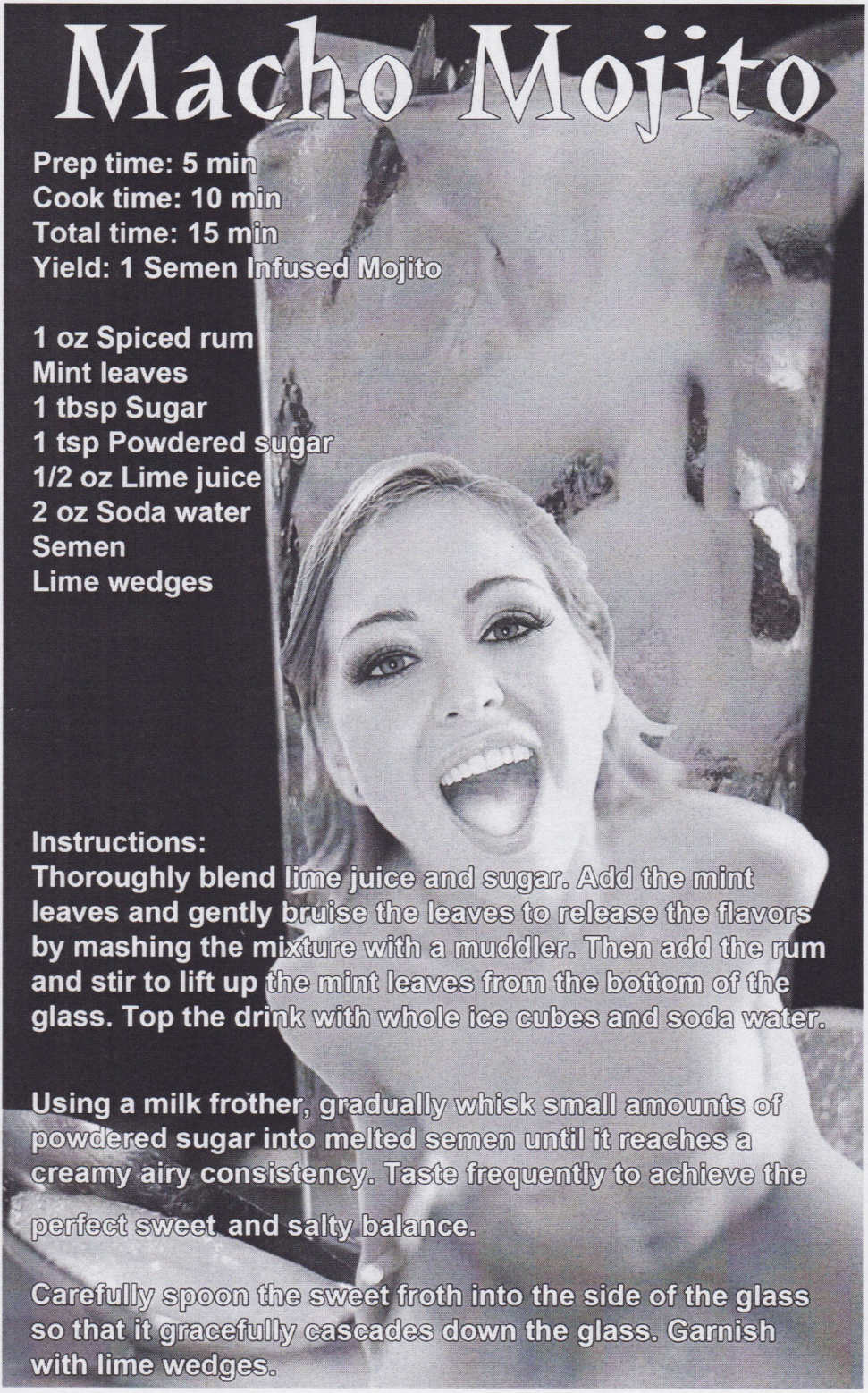
1 oz Galliano
1 oz Freshly brewed coffee
1-2 tsp Semen
1-2 tsp Whipped Cream



Instructions:

Mix the two creams before beating them stiff. Pour the Galliano in a shot glass and use a spoon to carefully layer the hot coffee on top. Add the semen cream and drink while still hot.

Macho Mojito



Prep time: 5 min
Cook time: 10 min
Total time: 15 min
Yield: 1 Semen Infused Mojito

1 oz Spiced rum
Mint leaves
1 tbsp Sugar
1 tsp Powdered sugar
1/2 oz Lime juice
2 oz Soda water
Semen
Lime wedges

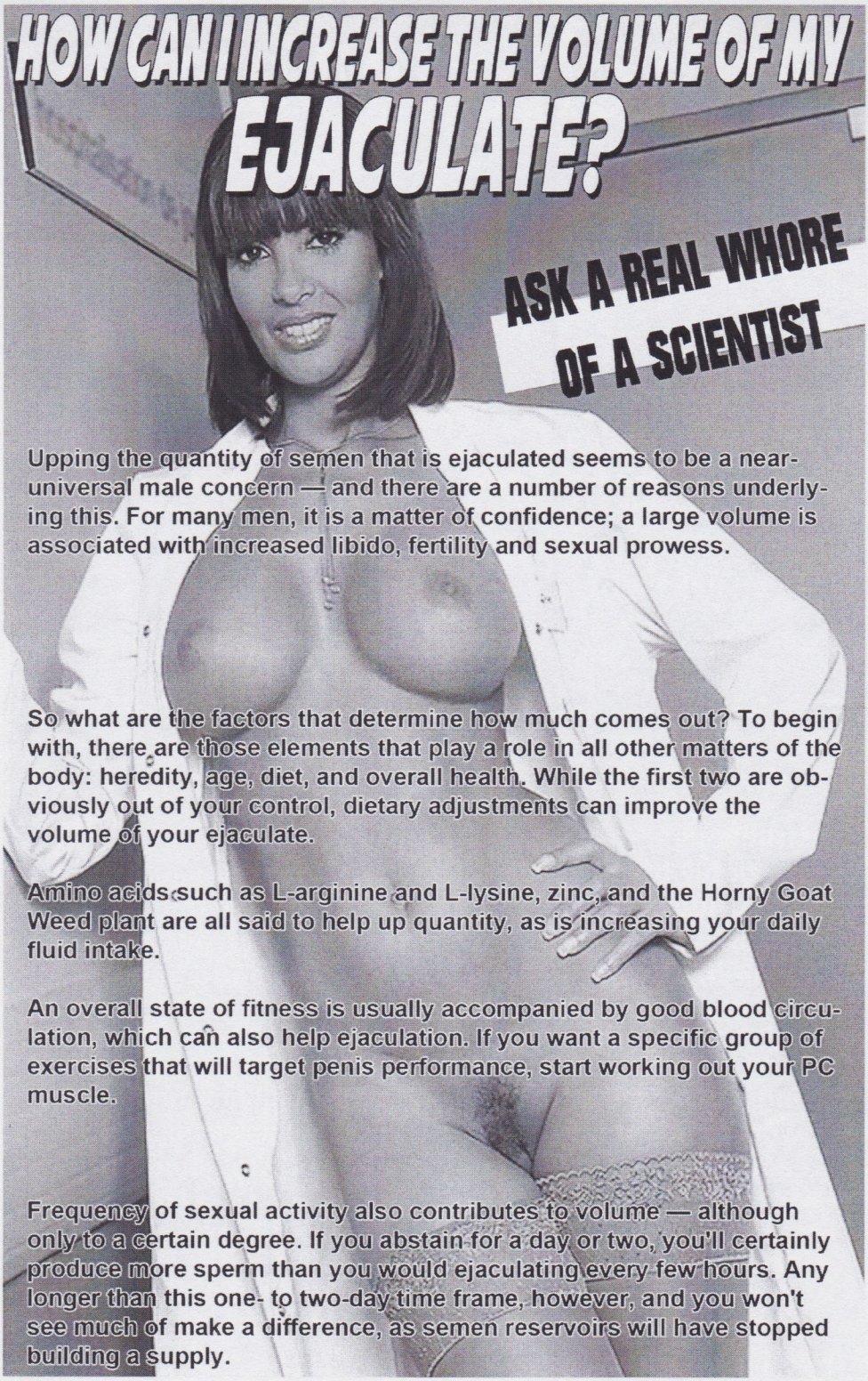
Instructions:
Thoroughly blend lime juice and sugar. Add the mint leaves and gently bruise the leaves to release the flavors by mashing the mixture with a muddler. Then add the rum and stir to lift up the mint leaves from the bottom of the glass. Top the drink with whole ice cubes and soda water.

Using a milk frother, gradually whisk small amounts of powdered sugar into melted semen until it reaches a creamy airy consistency. Taste frequently to achieve the perfect sweet and salty balance.

Carefully spoon the sweet froth into the side of the glass so that it gracefully cascades down the glass. Garnish with lime wedges.

HOW CAN I INCREASE THE VOLUME OF MY EJACULATE?

ASK A REAL WHORE OF A SCIENTIST



Upping the quantity of semen that is ejaculated seems to be a near-universal male concern — and there are a number of reasons underlying this. For many men, it is a matter of confidence; a large volume is associated with increased libido, fertility and sexual prowess.

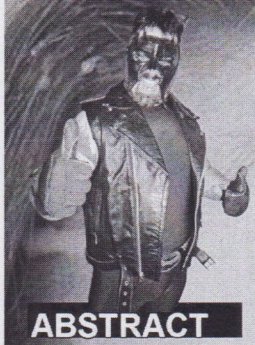
So what are the factors that determine how much comes out? To begin with, there are those elements that play a role in all other matters of the body: heredity, age, diet, and overall health. While the first two are obviously out of your control, dietary adjustments can improve the volume of your ejaculate.

Amino acids such as L-arginine and L-lysine, zinc, and the Horny Goat Weed plant are all said to help up quantity, as is increasing your daily fluid intake.

An overall state of fitness is usually accompanied by good blood circulation, which can also help ejaculation. If you want a specific group of exercises that will target penis performance, start working out your PC muscle.

Frequency of sexual activity also contributes to volume — although only to a certain degree. If you abstain for a day or two, you'll certainly produce more sperm than you would ejaculating every few hours. Any longer than this one- to two-day time frame, however, and you won't see much of make a difference, as semen reservoirs will have stopped building a supply.

...OR YOU CAN DO WHAT THE SUPERMEN DO ...AND JUST USE CLOMID



ABSTRACT

Clomiphene citrate is a synthetic nonsteroidal drug that acts as an antioestrogen and competitively binds to oestrogen receptors in the hypothalamus and pituitary. This blocks the action of the normally low levels of oestrogen on the male hormone axis and results in increased secretion of GnRH, FSH and LH. The enhanced output of these hormones increases testosterone production and sperm production. A non randomised clinical trial was conducted in a sample of 21 idiopathic oligospermic men from local population with a mean age of 27.75 ± 4.13 years, to evaluate the effects of clomiphene citrate in a dose of 100mg/day for five days, on serum testosterone, serum FSH, semen volume, sperm density, and total sperm motility. After clomiphene citrate therapy, mean serum testosterone level showed highly significant increase ($p < 0.05$), mean serum FSH level showed significant increase ($p < 0.1$). Semen analyses were done at periodic intervals, 1st at day 1 i.e. before the 1st dose of clomiphene citrate, 2nd at 6th day i.e. 24 hours after the last dose of clomiphene citrate, and 3rd at 74th day of the trial. Clomiphene citrate administration resulted in statistically significant increase in the mean semen volume at day 6 ($p < 0.05$), increase in the sperm density at day 74 ($p < 0.05$), and increase in the total sperm motility at day 6 ($p < 0.05$). ----***DUUUUUUUUHH!!***

Table 1: *Mean comparison of serum testosterone and serum FSH at day 1 and day 6 by paired t-test.*

Parameter	At Day 1		At Day 6		*t-ratio*	*p-value*
	Mean	SD	Mean	SD		
Testosterone in serum	4.38	± 0.83	8.06	± 1.17	-13.54**	0.000
Serum FSH	5.73	± 3.09	7.05	± 3.53	-1.81*	0.085

*** Significant at both 1% and 5% level of probability;*
** significant at 10% probability level*

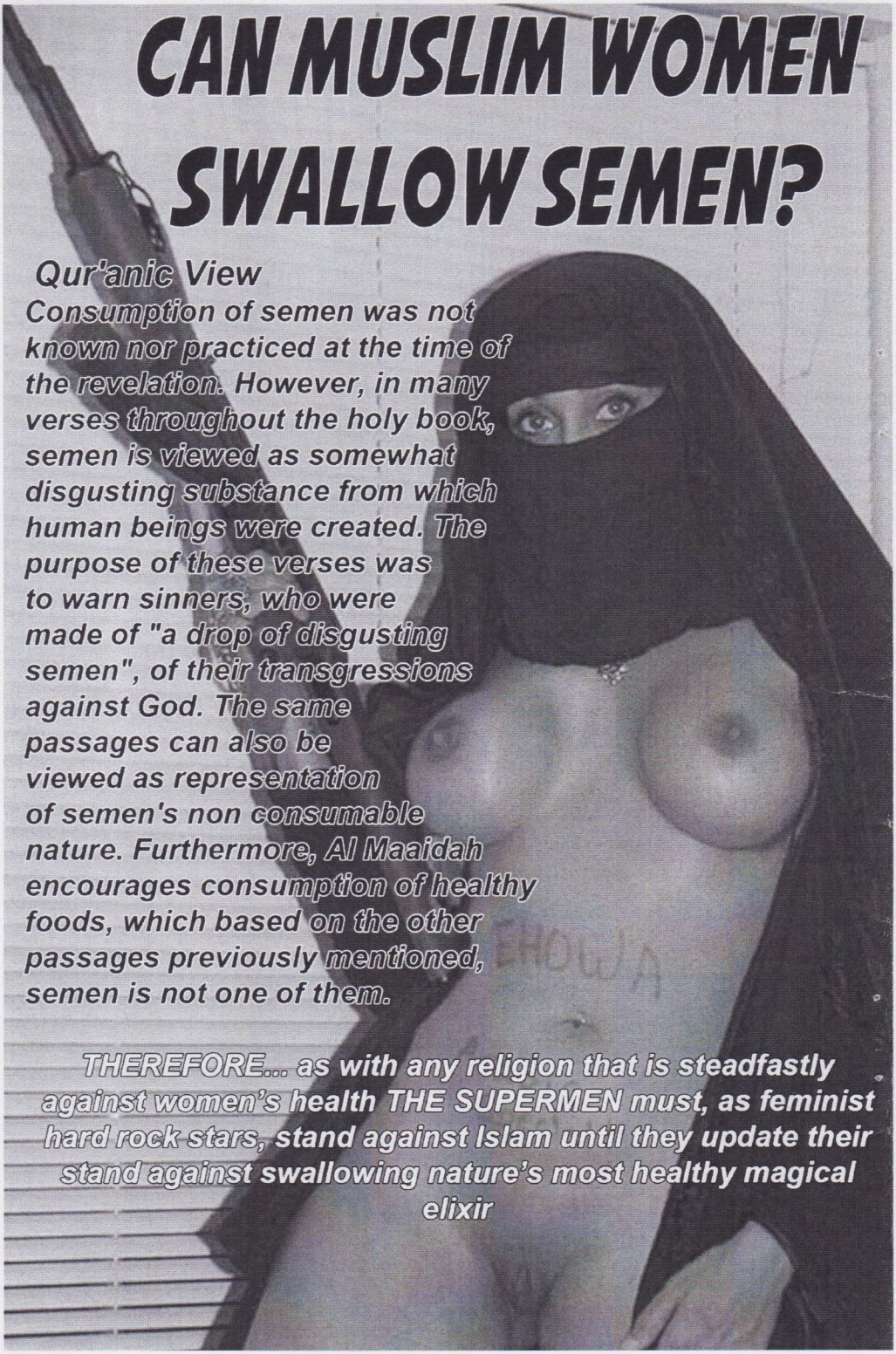
Table 2: *The average effect of hormonal changes on seminal parameters i.e. semen volume, sperm density, and sperm motility by ANOVA.*

Semen Volume (SV) In ml		Sperm density (SD) In million/ml		Sperm motility (SM) In % age	
Days	Mean	Days	Mean	Days	Mean
1	2.71 c	1	13.24 b	1	56.43 b
6	4.19 a	6	13.52 b	6	66.19 a
74	3.47 b	74	20.24 a	74	58.57 b
LSD*	0.5706	-	2.0206	-	5.44

**LSD is the least significant difference at $p < 0.05$; the means in each column followed by different letters are significantly different.*

http://www.thebiomedicapk.com/

CAN MUSLIM WOMEN SWALLOW SEMEN?



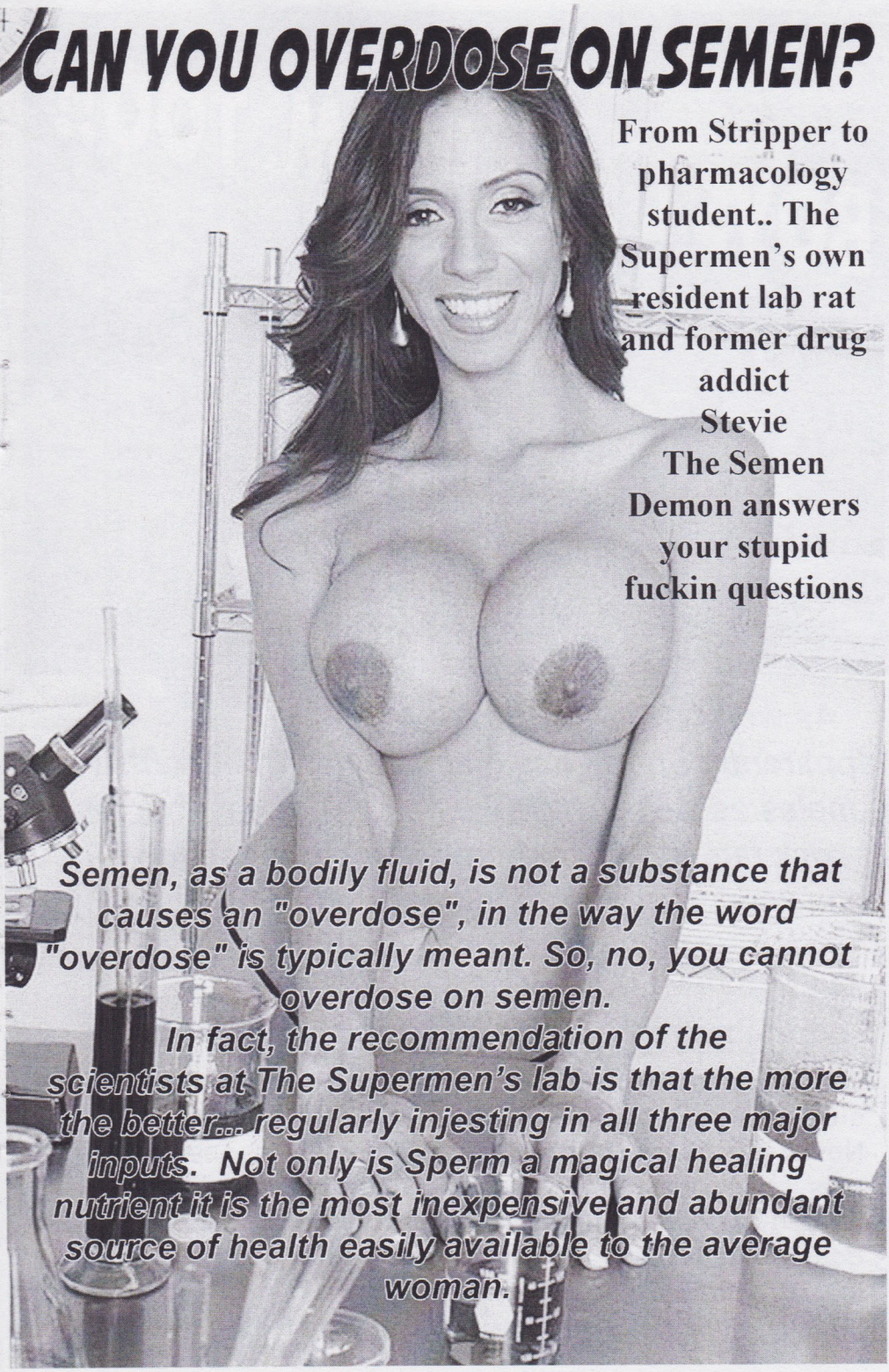
Qur'anic View

Consumption of semen was not known nor practiced at the time of the revelation. However, in many verses throughout the holy book, semen is viewed as somewhat disgusting substance from which human beings were created. The purpose of these verses was to warn sinners, who were made of "a drop of disgusting semen", of their transgressions against God. The same passages can also be viewed as representation of semen's non consumable nature. Furthermore, Al Maaidah encourages consumption of healthy foods, which based on the other passages previously mentioned, semen is not one of them.

THEREFORE... as with any religion that is steadfastly against women's health THE SUPERMEN must, as feminist hard rock stars, stand against Islam until they update their stand against swallowing nature's most healthy magical elixir

CAN YOU OVERDOSE ON SEMEN?

From Stripper to pharmacology student.. The Supermen's own resident lab rat and former drug addict Stevie The Semen Demon answers your stupid fuckin questions



Semen, as a bodily fluid, is not a substance that causes an "overdose", in the way the word "overdose" is typically meant. So, no, you cannot overdose on semen.

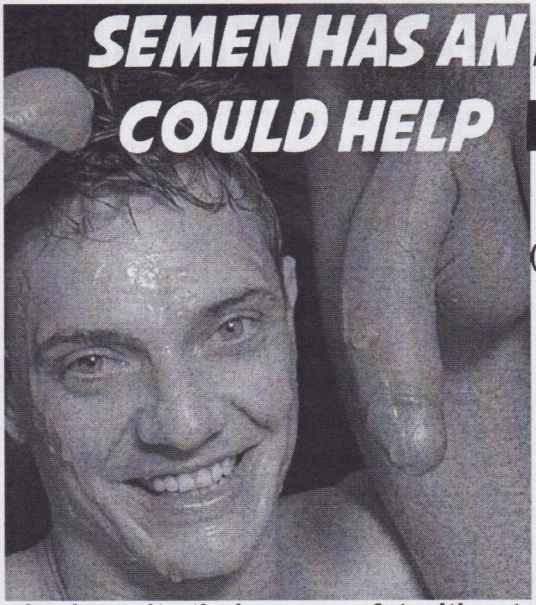
In fact, the recommendation of the scientists at The Supermen's lab is that the more the better... regularly injesting in all three major inputs. Not only is Sperm a magical healing nutrient it is the most inexpensive and abundant source of health easily available to the average woman.

As weird as it may be to The Supermen *apparently Sperm has massive health benefits for males as well... while we don't suggest you, the rock fan, try this at home if you choose to you can keep your weight in check, your hair healthy and your prostate cancer free*

COUNTERING PROSTATE CANCER

Over the past few years, several journals have published studies showing that the more ejaculations the better. Now the Journal of the American Medical Association, no less, has reported that "high ejaculation frequency was related to decreased risk of total prostate cancer." It doesn't matter how a man climaxes -- intercourse or masturbation. So next time he says,
"Really, honey, it's therapy," he could be telling the truth.

SEMEN HAS AN ENZYME THAT COULD HELP WITH WEIGHT



It is called
Zinc Alpha 2 Glycoprotein
(ZAG).

Aston University in Birmingham has proven that if administered at a high enough dose (three times per week or more) triggers a natural process called "Cachexia."
This is when a person's body melts their excess fat without diminishing muscle mass.

Swallowing semen to lose weight, in slag is called the "Man Juice Diet" and was coined by Kim Kelly who famously lost weight by eating semen for a month. So eat all you want boys.
http://www.ncbi.nlm.nih.gov/pubmed/22425975

SPERM PROMOTES HAIR GROWTH

Spermidine is contained in high concentrations in male sperm and it stimulates hair-shaft elongation and prolongs anagen

Administration of spermidine for 6 days slightly, but significantly, increased hair shaft growth of microdissected, organ-cultured normal human scalp HFs (Figure 1A). This effect was maximal and significant at 0.5 μM, and led to more than a 20% increase in hair shaft production after 6 days in culture

These physiologically and clinically relevant data provide the first direct evidence that spermidine is a potent stimulator of human hair growth and a previously unknown modulator of human epithelial stem cell biology.

So no reason to be a baldo, men, unless it is your look... you can shampoo your head every day with cum and real science proves that you will regrow your hair!
http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3144892/

SPERM IS BY FAR THE BEST SKIN CREAM

In sperm, a crystalline polyamine compound called Spermine can be found. This particular compound is also known as an antioxidant. It is believed to diminish wrinkles, smooth skin and help with taming or preventing acne. Bioforskning, a Norwegian company, has synthesized the compounds into a facial cream. According to Bioforskning, the cream Spermine is 30 times more effective than vitamin E and can delay the aging process by 20 percent. However, nature's most natural facial cream can cost you a whopping $250.

So you can either pay $250 for a can or just get it straight from the tap for free or for the cost of taking him to dinner and a movie! The frugal among us see a bargain!

SPERM PREVENTS DIABETES!

It's TRUE, Nature's miracle known as semen may be not only a preventative but a cure for diabetes! Fructose and uric acid found in sperm helps digest the sugar in the body. This prevents diabetes and keeps your blood sugar levels under control so that you can continue to suck down sodas and pasta to your hearts content.

Make sure to get at least three full sevings a week for best results!

http://www.ncbi.nlm.nih.gov/pubmed/20032055

And, Just so we are all clear that THE SUPERMEN are well researched and simply care about the health of the rock fans and Party Viking and Valkyries world wide we are listing the sources we referenced for this scientific journal besides our own in depth exhaustive research

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